SPICE ROADS
CYCLING



ROAD

NORTH THAILAND BY ROAD BIKE

Tour Code
THA-TRB

10 DAYS
9 NIGHTS

Destinations	Thailand
Tour Meets	Chiang Rai
Tour Ends	Chiang Mai
Fly in to	Mae Fah Luang - Chiang Rai International Airport (CEI)
Fly out of	Chiang Mai International Airport (CNX)
Group Size	2-16 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

9 Cycling days	**834** km Total cycling distance
93 km Avg distance / day	**1071** m Avg climbing / day

PRICING

Price	US$ 2,850
Bike Hire (Road Bike)	US$ 300
Bike Hire (Carbon Road Bike)	US$ 450
Single Supplement	US$ 500

DEPARTURES

15 Nov - 24 Nov 2026
06 Dec - 15 Dec 2026
10 Jan - 19 Jan 2027
07 Feb - 16 Feb 2027
24 Oct - 02 Nov 2027
14 Nov - 23 Nov 2027
05 Dec - 14 Dec 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

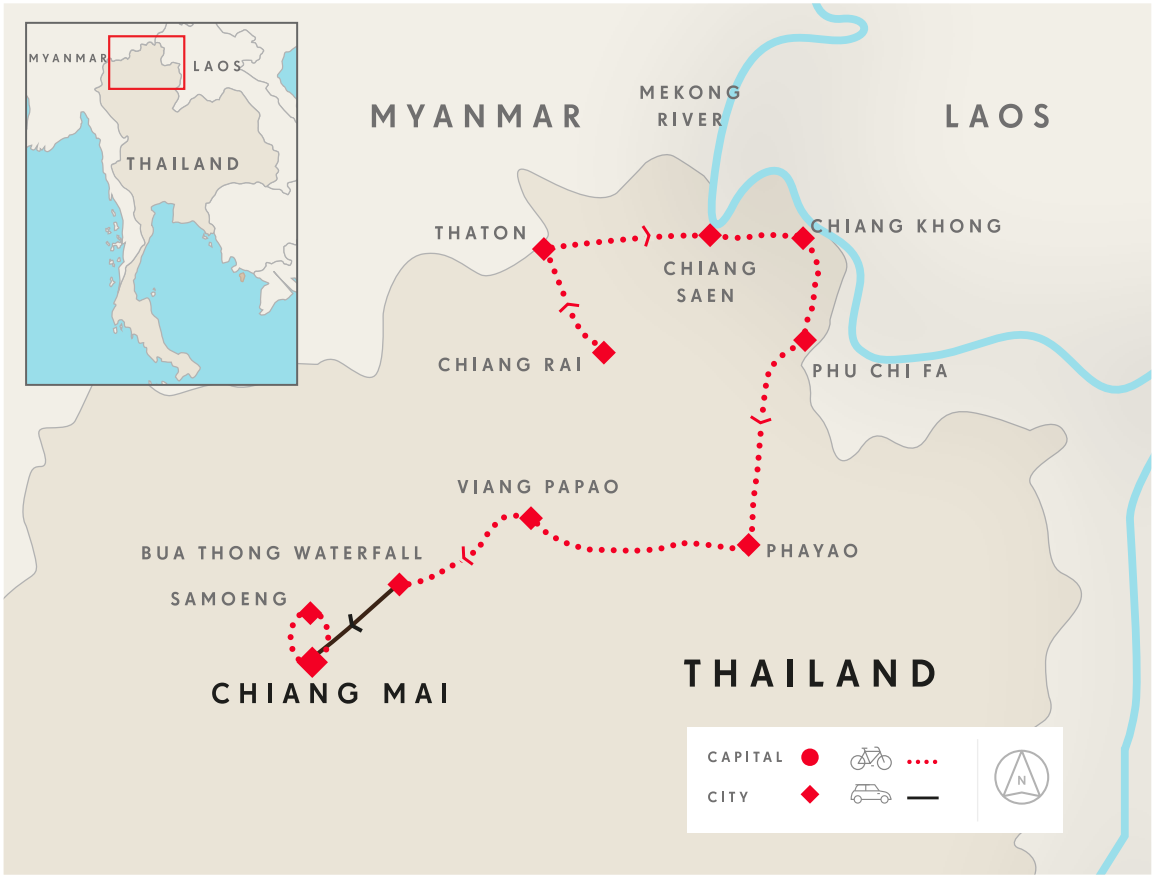
TRIP PROFILE

We ride a total of 834 km over 9 cycling days, with a total elevation gain of 9635 metres. The journey takes us along well-paved roads, ensuring a smooth ride as we explore northern Thailand's diverse landscapes — from remote highlands and fertile valleys to the Mekong River plains and rugged mountaintops. Most days feature leg-testing climbs of various types: gradual low-gradient rises, short steep bursts, and longer ascents that can reach double-digit gradients. The descents are equally thrilling, and the views are worth every effort! Heavy climbing days are balanced by gentler ones (see Days 4 and 6) but good stamina is required to comfortably handle back-to-back rides with no full rest day. Riding through this culturally vibrant region offers plenty of opportunities to immerse yourself in local life. Accommodations include well-appointed and character-rich hotels for elevated comfort in places like Chiang Rai, Tha Thon, Chiang Saen, Chiang Khong, Phayao, and Chiang Mai, as well as basic but cosy options in more remote areas like Phu Chi Fah and Wiang Pa Pao.

The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Suitability: This is an intermediary to advanced level road biking challenge. Stamina is required for back-to-back riding days, including four days with over 100 km covered. Strength is required to handle a variety of climbing conditions, from gradual at 5-7 % gradients to shorter bursts that can get into double digits. On average, you should be comfortable with gaining 1,000 - 1,500 metres of elevation per day. Good handling skills are key to safely navigating steep downhills with sharp turns. Less experienced riders are welcome but should prepare themselves in advance to manage the long distances and consistent climbs at a reasonable pace. The support vehicle is always nearby to offer refuge to any weary cyclists.

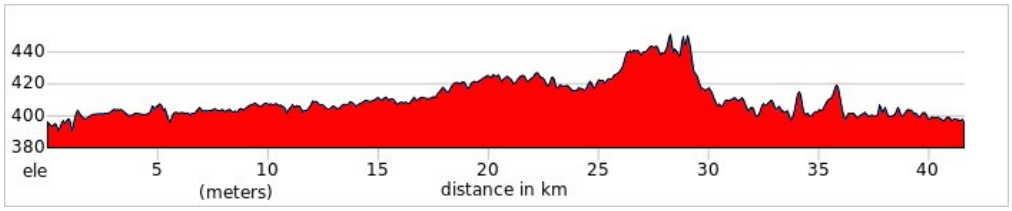
Biking Conditions: The majority of the route is paved with smooth asphalt, making it ideal for road biking. While there may be occasional rough patches with debris or potholes, these are few and far between. Traffic is typically light, especially in remote areas, but you should still expect to share the road with trucks, cars, and motorbikes. Near towns and cities, traffic tends to be heavier. While we try to stick to quiet secondary and rural roads as much as possible, there are times that we need to ride on the shoulders of busier main roads, either because it is unavoidable or to keep distances manageable. Although we've scheduled our departures to avoid the wettest times of the year, rainfall can occur at any time. We generally ride rain or shine, but based on the guide's discretion or your comfort level, modifications to the planned route can be made. Additionally, from March through April, northern Thailand experiences its annual burning season, when smoke from agricultural field clearings causes smog. While we avoid this period entirely, the exact start date varies each year, and some early burnings may occur in February, impacting air quality on parts of the route.



Day 1: Meet in Chiang Rai

We meet at our tour hotel in the early afternoon and set out for a warm-up ride around Chiang Rai. Our main stop is the city's most iconic landmark, the White Temple, known for its striking fusion of Buddhist architecture and surreal modern art, symbolizing the Buddha's teachings in a contemporary context. After taking in the temple's intricate details, we'll loop back to our hotel and reconvene in the evening for a stroll through Chiang Rai's lively Night Bazaar followed by a welcome dinner. Please let us know if you require assistance with airport transfers and pre-tour hotel bookings.

Laluna Hotel & Resort Dinner

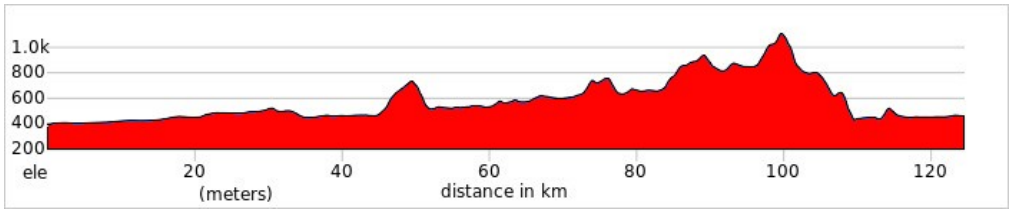


Ride 42km +238m -237m

Day 2: Chiang Rai - Tha Ton

We manoeuvre out of Chiang Rai, riding on a provincial throughway until, after around 45 km, we branch onto a secondary road that takes us into the remote highlands of Wa Wi. Our first leg-testing climb rewards us with views of the Mae Suai Reservoir. Following a brisk descent, the ride turns into an undulating journey through a lush valley of jungles, farmlands, hill tribe villages, and endless mountain vistas. Around the 84-km mark, we meet the day's main challenge: a winding 15-km climb to the top of a pass located at an elevation of just over 1,000 metres above sea level. It's not a continuous grind, however; a few relieving dips, flat stretches, and, of course, stunning views make it a thoroughly enjoyable challenge. We'll take a breather at a viewpoint at the top of the pass and then embark on a 10-km downhill into the valley of the Mae Kok River, riding on the plains to our riverside resort, where peaceful gardens and a refreshing pool await.

Maekok River Village Resort Breakfast, Lunch, Dinner

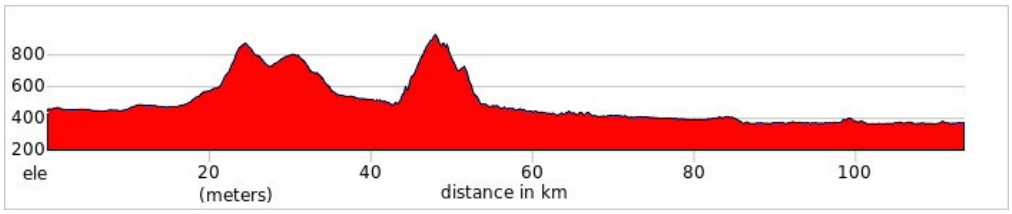


Ride 125km +1592m -1528m

Day 3: Tha Ton - Chiang Saen

Today's ride takes us to the captivating Golden Triangle, nestled in the far northeast of Chiang Rai Province, where the borders of Thailand, Myanmar, and Laos converge at the majestic confluence of the Mekong River. We'll have our work cut out for us to get there! Starting eastward for 20 km along the main provincial road, we ride through rolling, farm-covered hills, some crowned by Buddhist stupas. From here, a series of climbs leads us into the slopes of the Mae Salong mountains, famed for tea plantations and a Chinese heritage. Two particularly challenging 5-km ascents bring us into double-digit gradients, but each pass rewards us with sweeping views and refreshing descents. By the 50-km mark, the climbs are behind us, and the second half of the ride leads through the fertile rice-growing region of eastern Chiang Rai Province to the riverside town of Chiang Saen, the gateway to the Golden Triangle. The final part of the journey has us skirting alongside Chiang Saen's crumbling ancient fortification walls before we saddle off at our lovely hotel on the Mekong – perfect for a sunset toast to today's feat!

Siam Triangle Hotel Breakfast, Lunch, Dinner

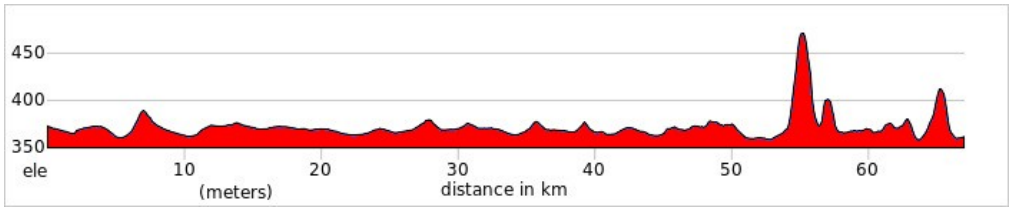


Ride 113km +1311m -1398m

Day 4: Chiang Saen - Chiang Khong

After a full-throttle start to the tour and with more tough climbs ahead, today's ride allows us to take it easy as we follow the winding course of the Mekong River through the expansive rice basin of eastern Chiang Rai Province. The fertile, silt-rich land along the Mekong presents a vibrant patchwork of greens as we ride through endless agricultural fields and the communities that cultivate them. We pass fruit orchards, paddy fields, and banana plantations, alongside more developed areas in this thriving commercial region. Just across the river lies Laos. While the road doesn't always offer views of the Mekong, there are standout sections where we can fully appreciate the landscape's grandeur. And although the route is generally flat, expect some undulations and one very short but steep climb to the top of a ridge. We'll conclude our ride in the small border town of Chiang Khong, arriving in time for lunch. You'll have the afternoon free to relax at our riverside hotel and stroll along the boardwalk.

Chiangkhong Teak Garden Riverfront Hotel Breakfast, Lunch, Dinner

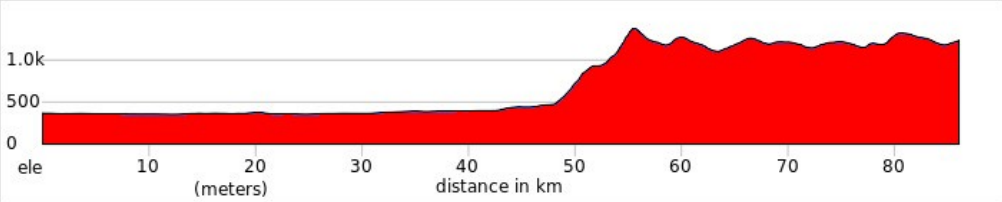


Ride 67km +363m -374m

Day 5: Chiang Khong - Phu Chi Fah

Get ready for one of the tour's major climbing feats and a real badge of honour for road cyclists in Thailand: the Phu Chi Fah ascent. We kick off with a warm-up, traversing 50 km along the plains of the Mekong River and through a valley nestled between two mountain ridges. Once we merge onto a winding highland road, the serious climbing begins. The first, and most demanding, ascent spans nearly 800 metres over 5 km of continuous uphill. After a well-deserved break at a viewpoint, we encounter undulations along a ridge at 1,200 m above sea level where patchwork fields are carved into the mountainsides, including crops like cabbage, corn, strawberries, and lychees. Our journey culminates at the summit of Phu Chi Fah, a favourite retreat for Thais seeking cool weather and sweeping panoramas of the mountains and valleys of neighbouring Laos. Tonight, we'll stay at a cosy, basic Thai-style hotel consisting of bungalows, where you can enjoy the crisp and cool mountain air as a reward for today's impressive achievement.

Ukrist Farm Hill Resort Breakfast, Lunch, Dinner

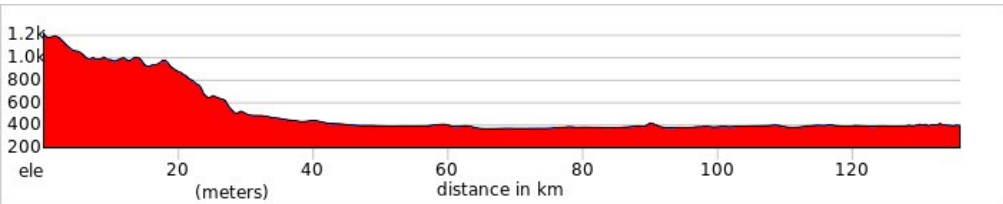


Ride 86km +1652m -788m

Day 6: Phu Chi Fah - Phayao

If you want to catch one of Thailand's most epic sunrises, get up early and head to the Phu Chi Fah Viewpoint, accessible via a short drive and hike. From a steep cliff, you'll watch as the sun illuminates mist-filled valleys and the jungle-covered peaks of Laos beyond. It's all weather-dependent, of course, and our guide will discuss options with you the night before! Either way, after breakfast, we saddle-up and begin our descent back into the plains. The first 20 km is a continuation of the same undulating ridge from the previous day, but then it's all downhill along a twisty road enveloped by waves of lush jungle foliage. It can get steep, so we take it slow and regroup at the mountain's base (around 35 km). From here, it's a long, mostly flat ride through the rice-growing basin of Phayao Province. This developed agricultural region includes some busier stretches along wide provincial roads, but we'll stick to quieter secondary routes as much as possible. We end in the provincial capital of Phayao which sits on the shores of a large, scenic lake framed by mountains.

M2 Hotel Waterside Breakfast, Lunch, Dinner



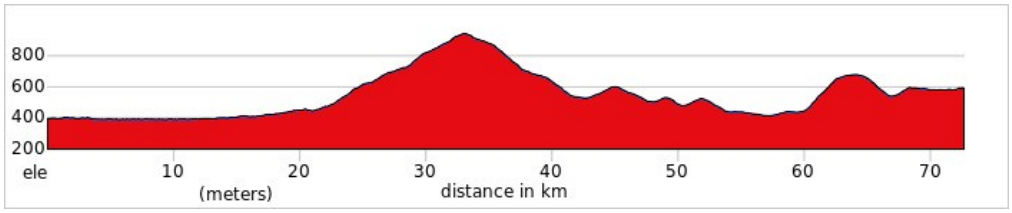
Ride 136km +445m -1265m

Day 7: Phayao - Wiang Pa Pao

We begin today's route with a lovely ride along the shores of Lake Phayao. Vital to the region's ecology and economy, keep your eyes peeled for birdlife and fishing boats as we skirt the edges of this vibrant wetland. After around 10 km, we veer away from the lake and follow rural roads into the foothills of the imposing Doi Luang Mountain. Then, it's time to tackle our first pass of the day! Following a meandering road through the southern part of Doi Luang National Park, we climb approximately 12 km to a scenic viewpoint before descending into the Wang River Valley. The gradients range between 2-6% on both the up and downhills. Next, we traverse the rice-covered valley floor along an undulating provincial road before a final and steeper pass brings

us into the Pa Pao Valley, where we conclude our ride. Tonight's hotel may be basic, but its location beside a Buddhist temple and school provides us with an immersive experience in the rustic countryside of northern Thailand.

Me Vadsana Hotel Breakfast, Lunch, Dinner

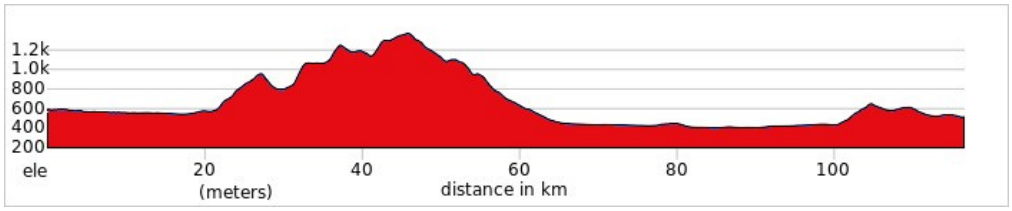


Ride 73km +1103m -909m

Day 8: Wiang Pa Pao - Chiang Mai

We begin today's route with a 20 km ride north through the Pa Pao Valley, easing into the day before a twisty, steep 5 km climb provides the first real test for our legs. A brief but rewarding downhill then transitions us to our next challenge – a 15 km gradual ascent into the eastern fringes of Chiang Mai Province along a winding highland road bordered by dense forests. At the top of the pass, we catch a breather, then enjoy a nearly 20 km freewheeling descent into the Phrao Valley, a wide, low-lying agricultural area encircled on all sides by the lush mountains of Sri Lanna National Park. We follow the valley south on a flat road for around 30 km before a final short climb brings us to higher elevations again, concluding our ride at Bua Tong Waterfall. Known as the "sticky waterfall" for its unique grippy limestone surface, we'll take time to explore and cool down before transferring around an hour to our riverside hotel in Chiang Mai.

Aruntara Riverside Boutique Hotel Breakfast, Lunch, Dinner

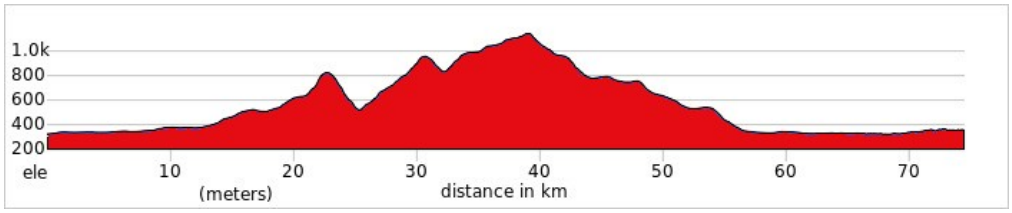


Ride 117km +1520m -1597m

Day 9: Samoeng Loop

We end our adventure by cycling the Samoeng Loop, one of Chiang Mai's most iconic road cycling routes, celebrated for its serene, winding roads flanked by lush jungle foliage. After a brief 30-minute transfer from the hotel to our starting point, we set out through the forested foothills of Doi Suthep-Pui National Park. Our ride begins with a gentle 15 km stretch, gradually warming us up before we tackle a series of twisty climbs that lead us to the Samoeng viewpoint, perched at around 1,100 metres above sea level. After a well-deserved break to soak in the stunning vistas, we descend into the Mae Sa River Valley, passing through vibrant forests and agricultural fields, with the possibility of spotting elephants at one of the camps lining the road! We then have a few km along the main road before ending our ride at the Huay Tueng Thao Reservoir. This is a favourite recreation spot for Chiang Mai locals, featuring a large lake surrounded by forests and traffic-free roads. Keep your eyes out for some large and whimsical straw statues! From here we transfer back to the hotel and in the evening reconvene for our celebratory farewell dinner.

Aruntara Riverside Boutique Hotel Breakfast, Lunch, Dinner



Ride 75km +1411m -1379m

Day 10: Chiang Mai Departure

Our tour has come to an end. Extend your stay in Chiang Mai, explore other parts of Thailand, or head to the airport for your flight home. Please let us know if you need assistance with hotel bookings or airport transfers after the trip.

Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section.

If you bring your own bike, please make sure it is a road bike in good mechanical order.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

Visitors from 60 countries are eligible for visa exemption for a stay of up to 30 days. See here if your country is on the list. If your nationality is on this list you do not need to apply for a visa in advance or procure one on arrival but you will need to show proof of an onward flight out of Thailand within 30 days or else you may be denied boarding. In rare instances, immigration officials at the airport in Thailand may also ask for a proof of funds (at least 10,000 THB if you travel alone, or 20,000 THB per family if you travel with dependents) and a hotel booking confirmation.

If you do not hold a passport from one of the countries eligible for a visa exemption please contact the Thai embassy or consulate nearest to you about applying for a visa. If you intend to stay for more than 30 days you will also need a visa. Please check this page for more details and the latest updates.

Please ensure you hold a passport with at least 6 months of validity remaining from your date of entry in Thailand.

IMPORTANT: All non-Thai nationals entering Thailand by air, land, or sea must complete the **Thailand Digital Arrival Card (TDAC) online** before arrival. Please fill out the details on the official website here **within three (3) days before your arrival in Thailand**. This is a free process - beware of fake websites that charge a fee. If you are already travelling within the three days before your planned arrival in Thailand, then we suggest completing the form while you are somewhere with reliable Wi-Fi. It only takes a few minutes.

Health

We recommend that you visit a travel medical doctor and ask about the following vaccinations: typhoid, polio, tetanus and hepatitis A. A certificate for Yellow Fever is required when arriving from an infected area within six days.

Weather

Thailand generally has a tropical climate with fairly high humidity. The North and Central region have a tropical climate with fairly high humidity. Northeast Thailand has a humid hot and dry weather alternatively with medium rain while the coastal areas of the east is humid and hot with intermittent rain. The South of Thailand has a tropical climate with fairly high humidity.

There are three seasons: from March to June it is hot and dry, with temperatures between 27˚C/80 F and 40˚C/104 F, with night temperatures in the 20s. The rainy season is from July to October, but temperatures are slightly lower, because of the effect of the rain. During this time it will not rain continuously, but in sharp bursts, and the sun can come out quickly. The cooler season is from October to February, with average temperatures between 20˚C/68 F and 30˚C/86 F.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are local and feature noodles, rice, curries, and soups. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit, and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for traveling alone. We will arrange for you to share accommodation with another traveler of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US$20 per day, for incidentals.

Money

The Thai currency is the baht. ATMs, which are abundant, are the easiest ways to get Thai baht. Have a supply of US dollars in cash on hand, just in case your card doesn't work. Banks or the rarer private moneychangers offer the best foreign-exchange rates. Credit cards are accepted in big cities and resort hotels but you'll need baht for family-run guesthouses or restaurants.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

CONTACT US

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